Nutrition Education Lesson Kindergarten (TL-K-1)	
Nutrition	This lesson is designed to increase students' knowledge of a wide variety of fruits and vegetables.
Constructs	
Iowa Core	K.OA.1 - Represent addition and subtraction with objects, fingers, mental images, drawings, sounds (e.g. claps), acting out situations, verbal
	explanations, expressions, or equations.
Supplies	Physical Activity Card Set (provided) Time Less than 20 minutes
needed	required
Before the	Read through Questions A-C below. Be prepared with some examples for your students, consider using the school lunch menu or if your school has
lesson	the Fresh, Fruit and Vegetable Snack Program, those examples would work well. Consider whether drawings on the chalk board or small objects will
	help your students visualize these math problems.
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided.
	Take the opportunity to remind students how important it is to be active throughout the day to keep their bodies and minds strong.
	2. Lead students in a discussion of fruits and vegetables that have the following characteristics. Encourage students to give examples of fruits and veggies in each group and write them on the board. Show pictures or models if you have them. Remind students that it is important to eat a lot
	of different foods and challenge them to think about their favorite from each group.
	• *Crunchy *Squishy *Sweet *Soft *Hard * Juicy
	3. Read the following about Jasmine
	"Jasmine is a kindergartener who is trying her best to be healthy. Jasmine plays outside after school and brushes her teeth every night before she goes to bed. Jasmine knows that eating healthy foods like fruits and vegetables will keep her strong and help her grow. Today we are going to help Jasmine choose some healthy foods from the grocery store.
	Question A: Jasmine loves to eat crunchy snacks after school. What is a crunchy fruit or vegetable that would be a good choice for Jasmine?
	You're right, would be a great choice! Jasmine needs four of these. If she already has two in her cart, how many more does she need?
	Question B: Jasmine likes to have something sweet for dessert after dinner. What fruit would be a good choice for Jasmine to have for dessert?
	Good thinking! would be a dessert that is tasty and healthy. Jasmine needs four and she already has one. How many more does she need?
	Question C: Jasmine is going to her cousin's birthday party this weekend and she wants to take some healthy treats for everyone. What fruits or vegetables would be good to take to a party?
	Good choice! would make a great snack for all of her cousins. Jasmine will need six and her brother put three in the cart already, how many more should she grab to have enough for everyone at the party?
	Follow Up: Consider reading books related to counting fruits and vegetables this month. Ask your nutrition educator for recommendations.